

Re: Rise & Shine Westchester!!

Subject: Re: Rise & Shine Westchester!!

From: Donald Duckworth <duckworth.donald@gmail.com>

Date: 01/07/2017 06:18 PM

To: Cynthia Rogers <westchester.cfm@gmail.com>

CC: Miki Payne2 <miki@hbdrollinger.com>, Les Watt <les@blacktievalet.com>

BCC: Donald R Duckworth <duckworth.donald@gmail.com>

Hi Cynthia...

I love the Farmers' Market Mail Chimp emails I get. I noticed as I was looking at it tonight that the Westchester Town Center BID is not mentioned as a co-sponsor of the Sunday Market. Could we add some acknowledgement of the BID?

On Sat, Jan 7, 2017 at 9:38 AM, Westchester Farmers' Market
<westchester.cfm@gmail.com> wrote:

WEDNESDAYS IN THE PARK (8:30-1:30PM) & SUNDAYS IN THE TRIANGLE
(9-2PM), RAIN OR SHINE!!

Rise & Shine Westchester, it's a New Year and your weekend is in full swing! A touch of rain today but by tomorrow it's going to be clear skies and your farmers will be packed with farm fresh goodies, live music kicks off at 9 a.m.

Save the date: Health & Wellness Fest later this month at both locations, 1/22 & 1/29.

FARM-TO-TABLE UPDATE

Winter is abundant! Lots of
cauliflower, broccoli, a whole

cornucopia of mixed veggies, herbs, leafy greens and don't forget - Vang Farms is back at your Sunday location with lots of specialty Asian Veggies - bok choy, lemongrass, ginger, garlic, gorgeous green beans, snap peas, lots of cabbages, and more. Winter citrus is looking bright and sweet as ever with lots of apples and other specialty Fall fruits rolling in too.

What's in a tomato? Our Westchester little one, snagging a very actioned packed cherry tomato from Steve with California Sunrise - is getting a whole lot of essential vitamins and minerals.

Available year around, this veggie - which is actually a fruit!, is a go-to must during the Winter months to keep us healthy. Link [here to learn more about their nutritional benefits](#) and munch with the trifecta: ripe, red and raw and you can't go wrong, link [here for salad recipes](#).

VENDOR SPOTLIGHTS

Cutie!! Breadman, got your covered - right out of the oven baguettes, brioche, loaves of whole wheat, pumpernickel, rosemary, rounds of sourdough, squaw, walnut raisin, you name it - he has it, and bagels too! Find him at both locations in the middle of the market next to Salsa Acapulco.

IGGY CHIPS! A snack with an attitude for all things delightfully healthy. Vegan, all natural, this snack is tasty on the lips and easy on the hips. Flower Power with cauliflower that out crunches popcorn, watermelon that's just as sweet as a summery slice, lots of varieties. Find Daniel and Naz every Wednesday next to Dave's Korean and Dry Dock Fish, lots of samples!

COMMUNITY CORNER

Huge shout of of thanks for helping us support our local police department in their annual toy drive - pictured here are two Westchester kiddos who braved the rain to drop off their toy donation, well done - Zaven & Kaley!

Congrats to DeVoe's, two of our most recent raffle winners! Swing by the info booth to sign up and check out our info boards showcasing the small farming movement, our Winter season recipe cards are in too, lots of copies handy.

Thank you for your support! Proceeds support our local community.

Sponsored by Westchester Vitalization in community partnership with Westchester Town Center's BID, two non-profits having served the community for over 20 years!

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Our market address is:

WEDNESDAYS IN THE PARK (8:30-1:30PM)
7000 W. Manchester Ave
Westchester, CA 90045
Corner of Lincoln and Manchester
Across from Otis College of Art & Design

SUNDAYS IN THE TRIANGLE (9-2PM)
6200 West 87th Street
Westchester, CA 90045
87th Street between Manchester and La Tijera

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